

# November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 8:00 Technology Assistance 9:00 Projects for Purpose 9:30 Discussions with Denise 9:30 Hearing Clinic 9:30 Meet the Department 10:00 Blood Pressure Clinic 10:00 Senior Fitness 11:15 Stretch & Flex	<b>2</b> 10:00 Men's Discussion Group 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Stow Acres Discussion 1:30 Ping Pong	<b>3</b> 9:00 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 Mahjong
<b>6</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	<b>7</b> 9:00 Quilting 10:00 SFCOA Board Meeting 12:00 Meal Site 1:00 Poker 1:30 Ping Pong	<b>8</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness 11:00 Groton Hill Concert 11:15 Stretch & Flex	<b>9</b> 10:00 Board Meeting 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:30 Ping Pong	<b>10</b> Closed in observance of Veterans Day
<b>13</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 11:30 Lunch Bunch 1:00 Bridge 1:00 Knitting and More	<b>14</b> 9:00 Quilting 10:00 Conservation Walk 12:00 Meal Site 1:00 Poker 1:30 Ping Pong	<b>15</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Cemetery 10:00 Senior Fitness 11:15 Stretch & Flex 12:30 Friendsgiving	<b>16</b> 10:00 NO SFCOA Creators Group 10:30 Scrabble 12:00 Meal Site 1:30 Ping Pong	<b>17</b> 8:30 Breakfast Club 8:50 Yoga 10:00 Senior Fitness 11:15 Stretch & Flex 1:00 "Chinese" Mahjong
<b>20</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	<b>21</b> 9:00 Quilting 10:00 Veterans Social 12:00 Meal Site 1:00 Poker 1:30 Ping Pong	<b>22</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex	<b>23</b> Closed for Thanksgiving	<b>24</b> Closed for Thanksgiving
<b>27</b> 8:50 Qi Gong 9:30 Open Art 10:00 Senior Fitness 10:30 SHINE 11:15 Stretch & Flex 1:00 Bridge 1:00 Knitting and More	<b>28</b> 9:00 Quilting 12:00 Meal Site 1:00 Genealogy 1:00 Poker 1:30 Ping Pong	<b>29</b> 8:00 Technology Assistance 9:00 Projects for Purpose 10:00 Senior Fitness 11:15 Stretch & Flex	<b>30</b> 10:00 SFCOA Creators Collaborative 10:30 Scrabble 12:00 Meal Site 1:00 Monthly Movie 1:30 Ping Pong 2:00 Grief and Healing Group	